

Grizzly

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Breaking News

California National
Guard Mobilized for
Southern California Fires

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Official Newsletter of the California National Guard

Veterans Day

Major General William H. Wade II



What comes to mind when someone mentions the date of November 11th? Most likely, anyone over the age of 50 or a member of the Armed Forces of the United States would say "Veterans Day", or Armistice Day for the purists. However, others who are well read, true patriots, or history buffs might say:

- This day in 1864 when General William Tecumseh Sherman began burning Atlanta on his infamous "March to the Sea", or
- This day in 1885, when a true American hero and roll model, George Smith Patton, Jr. ("Old Blood and Guts") was born, or
- This day in 1918, when World War I officially ended, or
- This day in 1921, when President Warren G. Harding dedicated the Tomb of the Unknowns at Arlington National Cemetery, or
- This day in 1930, when US Patent #1781541 was issued for the first refrigerator to a guy named Albert Einstein, or
- This day in 1938, when Kate Smith sang the Irving Berlin song "God Bless America" for the very first time, making it an instant standard for all patriotic Americans, or
- This day in 1944, when Army whipped the Fighting Irish of Notre Dame 59-0, or
- This day in 1967, when a propaganda ceremony was conducted

by the Viet Cong in Phnom Penh, Cambodia, for the release of three American prisoners of war to the "new left" antiwar activist Tom Hayden.

What probably doesn't come to mind are the myriad celebrations that occur in other countries around the globe commemorating the end of World War I and the ceasefire that went into effect on the 11th hour, of the 11th day, of the 11th month of 1918. France and Britain celebrate Armistice Day (what the U.S. called Veterans Day until 1952), Remembrance Day in the Commonwealth of Nations (United Kingdom, Australia, and Canada), or Independence Day in Poland. Other observances obscure to Americans on this day include: Colombain Independence Day, Lacplesis Day in Latvia (commemorating Latvian soldiers who died for their country's freedom, Angolan Independence Day, South Korean Pepero (Farmers) Day, and the beginning of carnival season in Germany and the Netherlands (known as Fasching).

What I think about is "who fired the last shot in anger"? There is, as one would expect, differences of opinion on when and who fired the last shot of the war. If you disregard shots fired after the official armistice, due to soldiers who didn't get the message on time or

were fired on by belligerents, it narrows down the consideration somewhat.

From the ground perspective, the Army Historical Foundation says, "The doughboys of Battery E, 11th Field Artillery carefully loaded the 95-pound shell into Calamity Jane, the name of their favorite 155mm artillery piece. With the round in place, the men locked it into the breech and prepared to pull the lanyard. An officer, looking at his watch, stepped forward. Raising his hand, he kept his eye on his watch, waiting for the second hand to reach twelve. When it did he dropped his hand. A Soldier yanked the lanyard. Calamity Jane fired. It was 1100 hours, 11 November 1918. World War I was over".

There are those that say, at 1100 hours, the war was officially over, so that shot doesn't count. Instead, they point to a United Press article printed in the Fort Wayne News and Sentinel that read, "Captain Eddie Rickenbacker, of Columbus, Ohio, dean of American aces, is believed to have fired the last shot of the war. He was given the honor of making the last flight over the German lines before the armistice became effective. Rickenbacker left his hangar at 10:45 a.m. last Monday for his last flight. At exactly 10:59 Rickenbacker passed

over a German transport column and set the trigger of his machine gun down for one minute. In that time he poured 850 rounds of shot into the boches, who scattered before him".

And, of course, there is this account from the American Legion Weekly, November 7, 1919, that reads in part, "A sergeant in the Sixth Field Artillery...probably fired the last shot ... but that is not so much to boast about. A few hundred thousand others chimed in and spoiled the distinction of it. Everybody in or near the line who could lay his hands on a gun, anything from a 14-inch naval to a Colt automatic, cut her loose about 1059 o'clock on the morning of the 11th".

Doubtless, this subject will be debated for decades to come, but one thing remains undisputable: everyone owes a debt of gratitude to those doughboys who went "over there" to defend freedom for the world. As you celebrate Veterans Day, remember all those who serve in harms way so that we may live safely under the protection of their selfless and patriotic service.



Think Safety

Command Sergeant Major William Clark Jr.

The holiday season will soon be upon us. Therefore, we must be vigilant in ensuring that our Soldiers and Airmen are focused on safety.

During this joyous time of the year we all must ensure that we spend quality time with our families.

It is imperative that we remain focused on safety and plan accordingly as we travel to see our families and loved ones during the holiday season. I expect leaders at

all levels to talk with their Soldiers and Airmen and remind them of the safety hazards that can occur in both their homes as well as on the road when driving in poor weather conditions. Please urge your Soldiers and Airmen to use risk assessment to identify the hazards and mitigate the possible risks.

Our Soldiers and Airmen who have recently redeployed home from OCONUS in support of the Global War on Terror will be going through a reintegration period with

their families. I am always amazed by the outpour of support their families continually give during stressful periods of mobilization. We all understand how important our families are and must encourage our redeployed Soldiers and Airmen take time to decompress and spend quality time with them.

I believe that Thanksgiving, Hanukkah, Christmas and Kwanzaa are special holidays that bring families together. Please take the time to connect with your fami-

lies and share this joyous season together. I am proud of your service to our great nation and your personal sacrifices while serving in our armed forces today. I look forward to what the future will bring for the California Army National Guard in the upcoming year.

Continue to place safety first in everything you do and have a safe holiday.

Grizzly

Newsletter

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The Official Newsletter of the
California National Guard

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From the Editor

The California National Guard has been mobilized once again in support of a state emergency. In response to the wildfires in Southern California, National Guard members are providing firefighting, security, support to law enforcement, interoperable communications, transportation, medical, and command and control.

More than 450,770 gallons of water from Rotary-Wing assets have been dropped by the California National Guard

and C-130 crews and aircraft, equipped with Modular Airborne Firefighting Systems (MAFFS) have flown numerous missions, dropping 207,600 gallons of retardant on the wildfires in Southern California.

The December Grizzly will feature many articles and pictures that reflect the dedication that the men and women of the California National Guard displayed while mobilized to support the community of Southern California.

Grizzly Submissions

Articles:

- ★ 250 – 300 words for half a page, 600-800 words for full page article.
- ★ Include first and last names, and *verify spelling*
- ★ If there is a Public Affairs officer assigned to your unit ensure he/she reviews it.

Photographs:

- ★ Highest resolution possible, minimum 300 dpi
- ★ Credits (who took photograph)
- ★ Cutline (what action is taking place in the photograph and identify individuals in photograph)

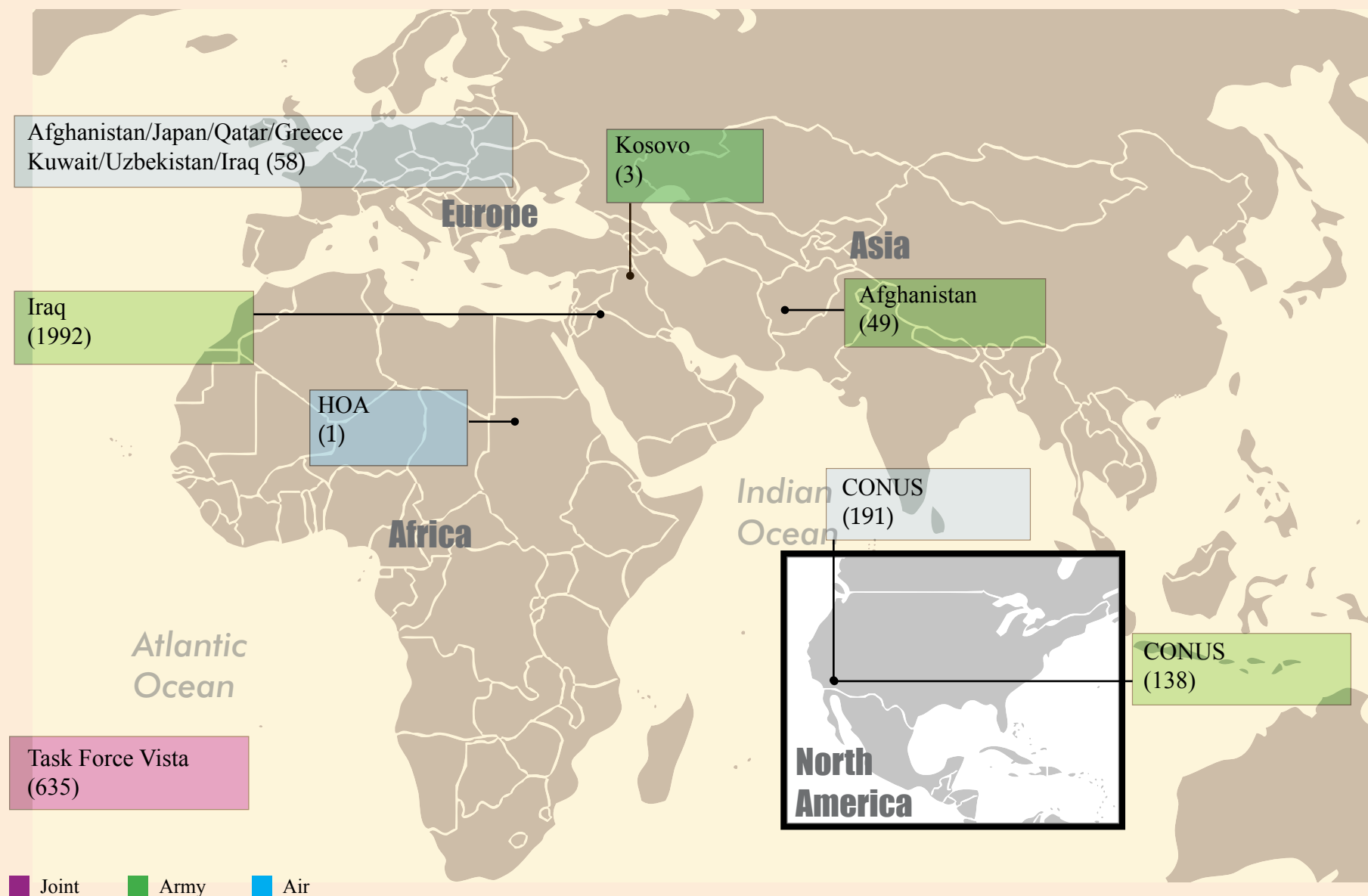
Email story submissions by the 15th of every month to:

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Cover photo: Sgt Eddie Siguenza

Where We Are

The California National Guard as of October 2007



1,500 California National Guardsmen

PROVIDING SUPPORT FOR SOUTHERN CALIFORNIA FIRES

Editor's note

Press Release from California National Guard to address response to California Fires, dated October 23, 2007

Calif. — More than 1,500 California National Guard men and women as well as various types of equipment providing assistance with the Southern California wildfires.

The National Guard Soldiers (1,110 Army National Guard, 400 Air National Guard) responded swiftly to Gov. Arnold Schwarzenegger's call with various air and ground assets that are providing security, transportation, and humanitarian support by assisting local authorities. The California National Guard has a total of six UH-60 Blackhawk helicopters and two UH-1 helicopters

that are being utilized to combat the fires in Southern California. One CH-47 Chinook has departed Stockton with a four-man crew for Joint Forces Training Base Los Alamitos for missions to be determined. The California National Guard most recently transported approximately 300 soldiers and equipment using California and Nevada Air National Guard C-130s. The Soldiers are currently conducting operations throughout the region fulfilling humanitarian missions.

Also, Air Guard C-130 Modular Airborne Firefighting Systems (MAFFS) are enroute to provide firefighting support. (Two MAFFS from the Wyoming Air National Guard and two MAFFS from the North Carolina Air National Guard).

The UH-60 Blackhawk and the Firehawk are capable of fire suppression missions as well as personnel transport in and out of dangerous and hard to reach locations.

The California National Guard maintains its own operations center staffed 24 hours a day, 365 days a year, to ensure constant awareness of potential emergencies and provide rapid response if our assistance is needed.

"The California National Guard is actively engaged in responding to the wildfires in Southern California by providing assistance to local authorities and to the citizens of the affected communities," said Maj. Gen. William H. Wade II, the Adjutant General of the California National Guard. "We continue

to do this through air assets and personnel and equipment on the ground. The CNG is proud of its ability to respond rapidly to those citizens affected by this horrible disaster."

The California National Guard is experienced in executing firefighting response missions, and recently conducted its annual three-day large-scale interagency wildfire training exercise near Fresno in May with Cal Fire and the USDA Forest Service.

Responding to Wildfire

Story and photos by Sgt. Tanya Forbes

SAN DIEGO, Calif – Citizens to Soldiers at a moments notice. This is the mission of a California National Guard Soldier in a state of emergency and this is what happened during the San Diego fires.

Lt. Col. Kurt Schlichter, commander of the 1st Squadron 18th Cavalry Regiment, recieved the call at 1 p.m. Monday and had his troops rolling out from Ontario to San Diego by 4 p.m. that same day.

According to Schlichter, his troops were some of the first to arrive at the Del Mar Fairgrounds to assist evacuees. The following morning

they moved to a new forward operating base and then another, finally ending up at the Escondido Armory.

Capt. Chris Schaeffer, C Troop Commander, and his Soldiers are assigned to the Poway area. They have been assisting the local sheriff department with keeping evacuees away from fire lines, patrolling the area, and working at roadblocks.

"We've been bouncing around a lot, depending on where the sheriffs need us," said Sgt. Seth LaDabouche, cavalry scout with C Troop.

"The neighbors who have been able to move back have been great, bringing us food and water," said LaDabouche.

Sgt. Franklin Purcell received the activation call five minutes after he found out his home in Mira Mesa

was being voluntarily evacuated. Ten minutes later he was helping his parents evacuate from their home in Poway.

"The stress level was pretty bad at first," said Purcell. "The first 24-hour wait was hard."

The C Troop Soldiers are out of Kearney-Mesa and are happy to be serving the community.

"It's great," said LaDabouche, "we love doing this."



THE ADJUTANT GENERAL AND GOVERNOR HOLD CONFERENCE TO ADDRESS SOUTHERN CALIFORNIA WILDFIRES

By OC John C. Adams

SACRAMENTO, Calif., Oct. 27, 2007 - A three hour conference was convened at the Office of Emergency Services (OES) to address critical issues facing California resulting from the wildfires that have ravaged thousands of acres, left thousands homeless and 7 dead. Among the attendees were Governor Arnold Schwarzenegger, officers of state agencies, elected officials and The Adjutant General of the California National Guard (CNG).

Major General William H. Wade II, The Adjutant General, fielded questions from the press at the conference. The press sought to understand the mission of the CNG and its role in responding to a state emergency. Maj.Gen. Wade detailed the priorities of mobilizing the CNG and the California State Military Reserve (CSMR).

The safety of mobilized Soldiers and airmen is paramount, General Wade said when asked about the National Guard's response time to



California Adjutant General, Major General William H. Wade II addresses elected officials, officers of state agencies and members of the press.

this disaster. Wade told the press that the CNG and the CSMR collectively, is a reserve force that moves in after the first responders and that it takes time to mobilize the CNG and the CSMR. Ensuring the equipment is up to safety standards prior to putting the lives of Guardsmen and women in that

equipment is essential.

Governor Schwarzenegger took time at the conference to sign an executive order directed to provide relief for the victims of the fire including the Small Business Disaster Assistance Loan Guarantee Program. The order guaran-

PHOTOGRAPH BY TSGT DAVID J. LOEFFLER

tees \$7 million in loans for farms, agriculture-related businesses and businesses in communities that suffered damage or significant economic loss as a result of the southern California wildfires. This week the U.S. Department of Labor also approved California's request for a \$50 million grant that will help hire over 3,000 workers in temporary disaster assistance jobs needed as a result of the wildfires.

Air and water quality in the affected areas, and their treatment, were key topics at the conference. Other issues addressed were price-gouging, shoddy construction, insurance fraud, cleanup efforts, unemployment relief and financial aid for those individuals and business affected. An information hotline has been set up to report abuse as well as provide information about the numerous contractors, loan officers and other licensed professionals who can provide help to the victims. That number is 1-800-952-5210

"BETTER THAN ANY DRILL"

Story & Photo by Staff Sgt. Jessica Inigo

SAN DIEGO, Calif., Oct. 26, 2007 - A patchwork of approximately 1,500 California National Guard Soldiers were alerted to southern California early Monday morning to support local authorities with the wildfires that have blazed across the county throughout the week.

The 40th Infantry Brigade Combat Team's (IBCT) Kearny Mesa armory and the nearby Montgomery Airfield served as the main hub for its Citizen Soldiers arriving across the state. Troops were then sent out to conduct roving patrols throughout newly reopened communities and in evacuation sites like the Del Mar Fairgrounds and Qualcomm Stadium.

Members of the 1st Squadron 18th Cavalry Regiment, out of Azusa, Calif., began going out in small teams to patrol communities once cleared from the fires changing path.

Sgt. Seth Ladabouche, along with other members of C Troop, said he had been patrolling communities in the east county for more than 12 hours after the fires were cleared from the area. Charred trees and soot-covered buildings were the only marks left, while the handful of Poway hillside homes in the area remained unharmed from the

fires. Traffic control points kept the general public away from houses, and patrolling troops within the communities ensured homes were not looted.

In Del Mar, volunteers worked side-by-side with CNG Soldiers of 1st Battalion 184th Infantry (Mechanized) helping to improve distribution points by separating donations and setting up cots. The growing evacuation site included a senior citizen home from the Rancho Bernardo area. The residents later had to be moved to the Balboa Naval Medical Center to better facilitate their needs, according to medical officials.

Kevin Reilly, of the Department of Public Health, said moving the senior citizens went as "smooth as silk." He said with the guidance of Gov. Arnold Schwarzenegger and Maj. Gen. William H. Wade II, CNG Adjutant General, that CNG and Naval troops performed the mission better than any drill he had ever seen.

At Qualcomm Stadium, small groups of military police walked through crowds providing a show of presence and keeping the peace. During the day when there are many volunteers and activities planned, the stadium remains relatively calm. However, military

police said things change a little at night and they increase their patrols, especially in the stadium parking lot.

Medics also assisted at Qualcomm, including Sgt. Myesha Britt, of San Bernardino who has been a medic for five years and is the medical noncommissioned officer in charge of the 40th Military Police Company. She said she was happy to be called to duty for her community.

"As a person, I like to help people. I do my best to try and help at home, to volunteer if I can," Britt said. "It inspired me, seeing all the people here helping. Anyway that I could help, whether it's helping people move stuff or if I could save a life, it would do me some good morally."

And, just like the people they are helping, some CNG members in the area were also affected by the fire. Col. Eric Grimm, the 40th IBCT deputy commander and the acting Joint Task Force Commander during the wildfires, said that as of the fourth day of raging fires more than 100 troops were evacuated and may have lost their homes.

Sgt. Franklin Purcell, also of the 18th CAV, said his wife was given a voluntary evacuation notice and his parents received a mandatory



Capt. Chris Schaeffer of the 18th Cavalry Regiment speaks with High Valley residents about evacuation procedures in Poway

evacuation in Poway. When he was initially activated for the fire call-up, he became very stressed out, he said. Luckily as the Santa Ana winds calmed and the fires were contained, Purcell said he received word that his family was safe and well.

Though the California National Guard has been activated to help the fires with troops also remain as guards for the border mission, Grimm said there remains a sufficient capability to respond to any other state emergencies which may arise.

MOVING FORWARD IN MENTAL HEALTH

Maj Steven Keihl, Director of Mental Health



I made the mistake of flipping on the TV the other afternoon when I returned home from work. I happened upon one of those afternoon talk shows where they find some very “interesting” people usually discussing things like cheating on a spouse with the spouse’s sister. After a brief confession on the part of the unfaithful husband who admitted to having sex with his wife’s sister, a complete street fight erupted. First off, it was the spouse and the sister screaming profanities at each other and trying to break through security so they could beat the pulp out of one another. Moments later, the two ladies turned their attention upon the unfaithful husband and then proceeded to attempt to tear him to shreds. The whole conflict lasted for what seemed like an eternity and then (luckily for me) a commercial interrupted the ruckus. I sat on my sofa speechless, shaking my head in disbelief, and began contemplating the whole topic of interpersonal conflict.

Okay, so we all have to deal with conflict. Everyone who relates to anyone else will deal with conflict. On occasion, a couple will attempt to impress me with the notion that they “never argue”. My response... they never really communicate! Any two people who honestly communicate with each other will from time to time experience

conflict. Contrary to what some may say, conflict is not a sign of a poor relationship but a reality of intimacy. The issue is IF we will have conflict or not but HOW we will deal with the conflict when it arises.

First off, we must toss out some of the common myths that are often associated with conflict. For example, as stated above, conflict is not a sign of a poor relationship. Conflict often elicits emotional responses such as anger... and anger is not always negative or destructive. Another myth... conflict will not take care of itself if you avoid it. One more myth... conflict does not always require resolution. In order to address interpersonal conflict, we must have a realistic perspective of the nature of conflict. We must remember that conflict is a NORMAL reality in a world where people are diverse. Conflicts can be caused by differences in personality, opinion, culture, misinformation, etc.

There are primarily five different styles of conflict resolution. Four are unhealthy and one is healthy. My creative mind enabled me to come up with a tactical/military description of these five styles.

(1) Evade (avoid) – some people choose to duck conflict at all costs. They may avoid discussing

issues, change the subject, or even avoid contact with people whom conflict is evident. This is NOT a healthy style of conflict resolution.

(2) Camouflage (mask) – soldiers know how to use cammo. We disguise ourselves to blend in with the environment around us. Some people do the same thing when it comes to conflict. They attempt to fit in and they often mask their feelings, true thoughts, or even their beliefs. This is NOT a healthy style of conflict resolution.

(3) Surrender (give in) – some individuals wave the white flag of surrender whenever any conflict begins. They allow the other person to “win” no matter what. They give in rather than fight. This is NOT a healthy style of conflict resolution.

(4) Fight (win or loose) – some people demand a fight. These people believe that there must be a winner and a loser with regard to every conflict. These people often violate the “rules of engagement” in interpersonal conflict because winning is their objective. This is NOT a healthy style of conflict resolution.

(5) Treaty (compromise) – OK, so you guessed it, this is the healthy style of conflict resolution. Compromise requires active listening and obtaining an accurate understanding of what another person is saying. It requires empathy and an attempt at understanding

how the other person feels. It requires a willingness to discuss options, develop potential a course of action that is a compromise. It requires interaction, give and take, and focuses on finding solutions that lead to peace NOT ones that state winners and losers.

So, which style of conflict resolution is the most common in your world? Do you tend to evade/avoid? Camouflage/mask? Surrender/give in? Fight? Or are you open to developing a treaty and reaching a compromise? If so, you will need to learn to stay calm, focus on the problem and not the person, listen, listen, listen, listen and listen. Conflict resolution is possible. If you choose to engage in behaviors like the poor sap in my opening example, conflict resolution may become a bit more complicated. Even so, we can pursue healthy methods of resolving conflict. Doing so is a choice. Every person can make such a choice.

If you would like assistance in dealing with conflict, developing effective conflict resolution skills, or dealing with a specific conflict, please feel free to contact us here at the Mental Health office. We would be more than happy to assist. For the record, we will NOT agree to show up on an afternoon talk show!

Mental Health Gems

NGB Director of Mental Health

In direct response to the recently released DOD Mental Health Task Force Report and Action Plan, the National Guard Bureau has stepped forward and hired a full-time director of mental health! This is a very positive move and sets the stage for many potential and extremely positive changes within the mental health structure of the National Guard. If you are interested in reading the entire report and action plan, email us and we will provide you with a copy of either or both documents for FREE! You can't beat that deal!

New Suicide Prevention Training Resources!
Vignettes, videos, power point presentations, etc.
Available at : <http://www.armyg1.army.mil/hr/suicide/training.asp>
Questions or Comments?
Contact us at 916-854-3019
OR
mental.healthca@ng.army.mil



Dateline Sunday, 21 OCT 1600hrs. "Shark round up the crews for tomorrow immediately, be ready to launch as soon as possible." stated Maj. Bruce Malarky the Aviation Facility Commander in Southern California in his phone call to me that afternoon. The scene early Monday was bustling with activity. Setting up an Aviation Task Force, painting aircraft, calling in unit members, and doing the necessary preparations to launch, and sus-

were landing. We had to time our arrival so we would not interfere with retardant dropping DC-10 also"

The airspace in Southern California as well as the steep terrain make fighting fires very complex. As a fire starts, a temporary flight restriction (TFR) is imposed within a 5 or 10 mile radius. This time there would be over 13 fire related TFR's in Southern California. Inside these fire traffic areas there

to have a coordinated response to a fire. At times they communicate necessary safety changes at each pilot briefing to all pilots military and commercial. For example, because of the topography and low visibility on fires flight routes need to be deconflicted by altitudes or terrain features in and out of the water dip site. The vocabulary that firefighters use is new to military pilots and there is not always time to explain why we have to do a certain maneuver or pull out of the



AVIATION TASK FORCE

RESPONDS TO SOCAL FIRES

By Captain Dan "Shark" Carlson

tain a fleet in order to back up the first responders if they need us.

The crews found they had been assigned to the Witch fire that was devastating San Diego County and launched early Tuesday morning with 5 UH-60's and 1 CH-47 from California to include our UH-60 Firehawk. Additionally, the Nevada Army National Guard had attached 1 UH-60 and 1 CH-47 to the Witch fire. The Governor of California, Arnold Schwarzenegger and The Adjutant General, Major General Wade, requested the Task Force take them from San Diego to the Community of Lake Arrowhead to speak to citizens affected by the Slide fire. The UH-60 was the best way to transport them as there are no airport facilities nearby these citizens. W01 Barry Wulf of B Co 1-140th AVN stated that the fire was cresting over the top of the hill threatening the community and the winds were blowing smoke and embers over the lake. We had seen embers starting spot fires inside the town as we

is a command and control aircraft with the call sign "Air Attack". This aircraft controls all air traffic inside his assigned fire. The air tankers will fly 500 foot above the ground and at assigned altitudes. There is a helicopter controller called "Helco". This helicopter will dispatch working helicopters to different areas of the fire and de-conflict low level traffic for Air Attack. Each fire is different in its behavior and topography thus each fire has different boundaries and methods that must be used for safety of all air and ground personnel. Each National Guard air crewmember is trained on fire behavior, incident command systems, and required command and control measures. For the safety of all personnel, a California Department of Forestry, Military Helicopter Manager is put on all military flights. These firefighters must have certain credentials to perform these duties as well. These managers have the requisite experience to navigate a fire traffic area and thoroughly understand necessary measures

fight momentarily. Having these experienced personnel guiding the muscle of the California Army National Guard ensures continuous and safe operations while responding to catastrophic fires. "Because of these firefighters and the training we receive we can be as safe and productive as any aircraft on the fires" said SSG Sam Knight of A Co 1-140th.

"The Witch fire was as big as any inferno I have ever seen" said Sgt. Jeremy Roberts of B Co 1-140th. Sgt. Roberts has seen many fires since he started back in 2002. Cpt. Bob Mariotti, the Commander of B Co 1-140th was currently assigned to the Firehawk during his first season here in Southern California. "We were doing our best to save homes with each drop. The fire was accelerated by heavy winds and dry brush near the homes. Our Guardships were coordinated, timely, and safe and we experienced no loss of equipment or injury in our response" said Bob.

Every year Californians are threatened by wildfire disasters and every year aviators are ready to respond. It's through training, dedication, interagency coordination, and direct action that property and lives are saved. It takes 500 hours of pilot in command flight time in order to take command of a guard air ship during a fire. This represents more than 6 years of arduous flight training. Our aviators come in after their regular civilian job and train in order to respond to the call when it comes. There is much family and work sacrifice involved and it is taken seriously.

"Whether it's fighting in the global war on terror, or here at home our men and women answer that call when it comes," said Lt. Col. Mark Van Dyke 1-140th Battalion Commander.



GRIZZLY SECURITY FORCES

Take on Terrorists in Their Own Backyard

by Capt. Al Bosco



Master Sgt. Thomas Hill and Tech. Sgt. Robert Amador pause for a photo before laying down barbed wire along a perimeter while deployed to Kirkuk Regional Air Base, Iraq.

As members of the world's most respected air and space force, 163d Reconnaissance Wing men and women continue to prove their value as a total force asset both in the air and on the ground. Recently an eight-person team of Grizzlies from the 163d Security Forces Squadron returned from a nearly-six-month deployment to Iraq, where they took the fight to the enemy's doorstep.

Deployed to Kirkuk Regional Air Base, the Grizzlies were part of a security forces team, along with members representing active duty, Guard and Reserve units across the Air Force, tasked to provide base security and protection to U.S. and Coalition forces, civilian contractors and equipment at Kirkuk. According to Master Sgt. Thomas Hill, 163d SFS Bravo Squad leader, who also served as a flight chief during the deployment, being assigned to force protection duties on the front lines provided new insight for some of the team members.

"The deployment was definitely an eye-opening experience for me," Sergeant Hill said. "Our first day on the ground we were faced with rocket attacks against the base by enemy forces, and throughout our time there we saw about two attacks a week."

Although the experience was sometimes unnerving, Sergeant Hill pointed out the training they received prior to deployment made a huge difference in dealing with and responding to force protection issues at the base.

"Before we even left for Iraq, we attended a two-week training exercise at Creech Air Force Base, Nev., where we learned many valuable skills to prepare us, such as basic base defense in a deployed environment, land navigation, tactics, convoy protection, defensive fighting positions and patrolling techniques," Sergeant Hill said.

In addition to the training received stateside by the team, they also attended the Combat Lifesaver Course, taught at the deployed location by the U.S. Army - a course

that made the difference between life and death for two Army Soldiers during a rocket attack.

"During one attack, an Army officer was wounded by shrapnel and another Soldier began having what appeared to be a seizure," Sergeant Hill said. "During an 'Alarm Red' condition, base emergency personnel cannot respond due to the imminent threat or execution of an attack, so we were actually the first responders. Fortunately, we were able to save the two Soldiers, and that's something I credit to the training we received here."

Despite the threat of attack that kept the team on its toes, the deployment did have its positive aspects. In fact, one of the highlights, according to Sergeant Hill, was the overwhelming support from Grizzlies back home who sent the team care packages.

"The base took care of our needs for the most part, but the care packages we received from our unit back home really boosted morale," Sergeant Hill said. "One of the best things we got was mov-

ies, which was huge, because you don't get to see too many movies while deployed."

Sergeant Hill did admit, though, that his personal highlight was eating at the dining facility.

"It's not the same as being able to go out and eat at home, but I at least got to eat anything I wanted to, which was nice," he said.

While Sergeant Hill and the other team members enjoyed their deployment experience, they also offered some advice for other units preparing to deploy.

"Get in shape before you go, because it gets stressful," Sergeant Hill said. "The better prepared you are physically; the easier it will be to deal with the long hours and stressful situations."

"It made me feel great to serve my country and support the mission," Sergeant Hill added. "I really felt like I was a big part of combating terrorism."



LOS ALAMITOS, Calif. -- A company of Soldiers from the Los Angeles-based 160th Infantry Regiment of the California Army National Guard returned home from a tour of duty in Iraq on Sunday, Oct. 14, 2007.

The 160 Soldiers of Charlie Co., 3rd Battalion, 160th Infantry, served an 18-month tour at Camp Bucca in Southern Iraq under the command of Maj. John Mendoza.

The Soldiers re-united with their families at the Los Alamitos Army Airfield located at the Joint Forces Training Base.

"Los Angeles' Own" 160th Infantry has historically been based in Southern California with companies or battalion headquarters in Glendale, Oxnard, Santa Ana, San Pedro and Inglewood. The unit's history stretches to service in World War I, World War II and Korea. The 1st Battalion of the 160th recently began its own deployment to Iraq as well.

WELCOME HOME

Charlie Company, 3-160th Infantry!

LOS ANGELES BASED SOLDIERS RETURN HOME FROM IRAQ



★ AT A GLANCE

CONTRIBUTORS

Richard Stowell,
Master Sgt. Stephen Payer
Maj. Mark Johnson
Tech. Sgt Robin Meredith
Sgt. Kara Greene
Pvt. Phaedra Rosengarth

As family members look on Pete Salcido pays tribute to his son. A memorial has been placed at the entrance of the new Bakersfield Armory in honor of Sgt. 1st. Class Rudy Salcido and Sgt. Rhys Klasno both of whom were killed in Iraq.

Sgt. Sid Real of the 223rd Military Intelligence takes a moment to help a child write a letter to deployed Soldiers.



Major General William H. Wade II and Capt. David Como of the 1114th Transportation Company cut the ceremonial ribbon at the ceremony to dedicate the new Bakersfield Readiness Center.

Sgt Michael Amicy, videographer, at the ready to capture California National Guard history.



Major General William Wade II and California National Guard members at the celebration for the First Lady's (Maria Shriver) Family Day 2007, Tenderloin Community School (K-5).



AT A GLANCE ★



Col. Don Currier, 49th Military Police Brigade commander, ties a Valorous Unit Award streamer onto the 649th Military Police Company guidon. Soldiers of the 649th MP were the first in California National Guard's history to receive the second highest unit award in honor of their service during deployment to Iraq.



Senior Airman Brian Bennett of the 144th Security Forces Squadron stands guard at the flight line entry control point during operational readiness training



Members of the 349th Quartermaster Company get instructions on how to put the .50cal machine gun together, how to load and fire it, and how to clean and care for it.



Lt. Col. Gabriel Frumkin, newest commander of the 749th Combat Sustainment Support Battalion, passes the unit colors to the battalion's Command Sgt. Maj. Luis Torres during a change of command ceremony. Frumkin relieved Lt. Col. Rene Horton, who served as commander for more than three years.



Members of the 144th Civil Engineering Squadron fire department simulate extinguishing an aircraft fire during operational readiness training.

Staff Sgt. Hiro from HQs 1/143rd Field Artillery takes a shot on the live fire range during training in the Kuwaiti desert. The California National Guardsman arrived on Camp Taji, Iraq last month to begin their year-long deployment. (U.S. Army photo by Spc. Stewart Brown, 1/143rd FA)



CALIFORNIA ARTILLERYMEN MAKING THEIR WAY TO IRAQ

Story & Photos by Spc. Stewart Brown

CAMP TAJI, Iraq – On the second of September, the men of the 1st Battalion, 143rd Field Artillery, California National Guard, boarded a plane on the way to Germany, then onto Kuwait.

Landing in Kuwait was an experience in itself, for many of the Soldiers it was the first time experiencing the intense heat of the desert; it must have been over 120 degrees that day. In addition, the feeling of the unknown was upon us all; the expression of each Soldiers' face was one of joy and a big "what's next?"

The leadership, Lt. Col. Ian Falk, 1/143rd FA commander and Command Sgt. Maj. Michael Winstead, appeared to be relieved knowing that there were several combat experienced men among the battalion.

Later that afternoon, we took a short bus ride across the other side of Camp Beuhring, where a large cooler and a few trash can's filled with ice and bottled water were waiting for all of us.

We were able to sit under a canopy tent that gave us shade from the sun; however, it did very little for us due to the blistering heat at Multi-National Corps Kuwait (MNC-K), but it was better than sitting under direct sunlight.

After about an hour, we loaded the busses again to take a short ride to the base. The entire ride through the desert was just like shown on TV or in book's, we all knew that this was going to be something that we would never forget.

When we got to our temporary living quarters, a very big white tent which could be used for a wed-

ding reception, we exited the bus into our living quarters and much to our surprise, our living quarters had air-conditioning. Once inside, the room felt as cold as an iceberg, a break from the heat and dust that left a taste of grit in our mouths. We all found a place in this giant tent to call home for while.

The only thing that we had on our minds at the time was sleep, food, and how we could get on the internet to get in touch with our love ones. After we got the chance to get some rest, some of us went out and about to find out what was there to do in the base; and to our surprise there were a lot of things to see and do.

First, there is a very big gym where we could exercise when given a chance, there is also a very nice dining facility with a wide variety of food, where we could eat up to

four meals a day even at midnight for a late snack; this fact itself made a lot of us very happy. Also, some parts of the base even have a little taste of an American mall flavor to it, with restaurants like a Burger King and even a KFC. But what I think made a lot of us laugh out loud was that in the middle of this hot dusty place stands a "Starbucks Coffee Shop", perhaps even better decorated and more spacious than others in the states.



California National Guardsmen from 1/143rd Field Artillery watch the sun set over Camp Burhring, Kuwait.



SOLDIER DEDICATES FLAGS TO CALIFORNIA HOMETOWN

STORY & PHOTO BY SGT EDDIE SIGUENZA

CAMP ARIFJAN, Kuwait – As a transportation driver, Sgt. Eric Adamsen carries more than supplies and equipment throughout Iraq.

He brings a patriotic message. And he does this courtesy of a United States flag.

Adamsen, an assistant convoy commander with the California National Guard's 1113th Transportation Company, devised a plan to honor his 29 Palms, CA, hometown. Prior to every mission, Adamsen straps a US flag to the antenna of his vehicle and flies it at every military base his convoy visits. At mission's end, that flag is encased and flown back to his hometown and presented to a family member, school or business.

"It's just to let people back home know I'm thinking of them and thanking them for their own sacrifices while I'm here," said Adamsen. "We always hear 'We support

the troops, we support the troops.' But I don't think Soldiers are doing enough to respond. Well, this is how I respond."

Each flag easily will log hundreds of miles, some even above a thousand, at mission's end. As a US Army truck driver, Adamsen and his convoy deliver supplies to various Forward Operating Bases (FOBs) throughout Iraq. Depending on a mission, the California Soldier may stop at five or six FOBs before returning to Camp Arifjan, his starting point. Missions can take days or weeks to complete.

He averages two to three missions per month. Adamsen still has a year to go in his Operation Iraqi Freedom deployment.

"I like his idea. I support his effort," Staff Sgt. John Fonder, convoy commander said. "That's going to be a lot of flags he'll be sending home, but there's so many people to thank for all their sacrifices."

An official certificate accompanies the flag when sent to California. For authenticity, Adamsen attaches an 8-by-10-inch photograph of the flag flying above his vehicle.

"We list every FOB the flag has flown on every certificate," he said.

From his latest mission, Adamsen will dedicate a flag to 29 Palms High School, he said. This is his employer. Upon return, Adamsen will continue as a government educator. Every Soldier on Adamsen's convoy autographed the flag.

Family and more businesses will receive flags eventually, he said. One will be dedicated to Adamsen's Masonic Lodge, an organization whose members include two veterans from World War II's Bataan Death March, Adamsen claims. Another flag will be presented to his spouse's employer for its tremendous assistance.

"They've broken their backs to help my wife because they know how hard it is for her while I'm here," he added.

The 36-year-old Soldier purchases the flags himself. Hours before mission departure, Adamsen strolls to a post exchange and buys them.

"They're not cheap," he said, "but compared to the sacrifices our families do for us back home, they're nothing."

This is a simple gesture that's no burden upon himself, Adamsen says. He encourages other Soldiers to follow suit.

"Every time I carry a flag, I take it into a combat zone," added Adamsen. "This is just my way of acknowledging the people who support me over here. This is my way of saying I appreciate your support. And I really do."

GUARDIAN ANGELS

by Capt. Kimberly Holman



Capt. John Allen and 1st Lt. Phuc Tran, pilots for TF Wily, were recently involved in helping to rescue a stranded couple in need of medical attention in the mountains near Tecate.

Task Force Wily aviators Capt. John Allen and 1st Lt. Phuc Tran were flying a routine mission recently, working traffic in the Brown Field sector, when they heard a Border Patrol dispatch reporting two individuals were lost and suffering from medical emergencies. A husband and wife couple had called 911, providing only a very general location, but California Highway Patrol was able to get a latitude/longitude location based on their cell phone transmissions.

“At the time, we were carrying the only BORSTAR agent that was on duty, so we immediately started towards the vicinity of the report,” recalled Capt. Allen. “We started flying a large search pattern as we got closer to the area. After the first turn, the CBP dispatch contacted us stating that the couple had called back and that we had just flown over them.”

After just a minute or two of searching and being vectored from the couple over the phone, via CBP dispatch, they spotted the couple waving from a rock below them.

“The location was very remote, and completely inaccessible by vehicle,” said 1st Lt. Tran, “but fortunately there was a perfect landing zone within a half mile. We landed and the BORSTAR agent dismounted. Then we took off again so we could vector the agent back to their location.” Within fifteen minutes the agent was providing medical care to the couple.

The woman was suffering from dehydration and heat exhaustion, but her husband was in

much worse condition. Having had previous cardiac problems, he was suffering from low blood pressure, and had a weak and thready pulse. The BORSTAR agent determined that the man would need to be air-evacuated.

“We had been in contact with a Border Patrol aircraft during the incident and asked that he remain in the area until the situation was resolved. We called him in and he was able to land at the scene,” said Capt. Allen. The agent and the male victim were loaded and airlifted to a nearby California Department of Forestry fire station, where they met the staging ambulance. The female was given water and was able to be walked out.

That Capt. Allen's 10th rescue while flying with TF Wily; and 1st Lt. Tran's first.

Major. Will Gentle, Commander of the JTF VISTA's aviation task force, expressed glowing words of praise and satisfaction for his pilots' job well done. “They displayed excellent technical competence in using their aircraft and navigation systems, and good judgment in selecting an LZ where they could safely land without putting themselves or the UDAs [undocumented aliens] in jeopardy.

“Instead, they called in a CBP aircraft with a smaller rotor system and better ground clearance to conduct the evacuation,” added Maj. Gentle.

(BORSTAR - Border Patrol Search Rescue, Trauma and Rescue)

NEW MP REGIMENTAL

by: Kara M. Greene

The 49th Military Police Brigade has chartered a Military Police Regimental Association in California. A military police ball commemorated the Golden State Chapter's beginnings Sept. 14.

49th MP Battalion Commander Lt. Col. Peter Cross and BDE Executive Officer Lt. Col. Grace Edinboro were named the first president and vice president, respectively.

Cross and Lt. Col. (ret.) Michael Griffin both received the Order of the Marechaussee award for their contribution to the military police corps.

The chapter successfully took donations totaling \$1500.00 dollars to put up a memorial plaque honoring Sgt. 1st Class Isaac Lawson, and other 49th MP BDE Soldiers killed in action during the 49th MP BDE's Operation Iraqi Freedom deployment at the Military Police Memorial Grove at Fort Leonard Wood, Mo.

“This is the only professional Military Police Association for California's Soldiers,” said Cross.

The regimental association went from an idea to a legitimate chapter in just a couple of months.

“We came on line as an important asset to the regiment when the 49th MP BDE mobilized, and we want to maintain that relevancy and strengthen the ties that connect us to the greater whole,” Edinboro said.

The 49th MP BDE. was reactivated in 2005 to deploy to Iraq. From 1998 to 2005, there was no military police brigade in the state.

The goal now, according to the vice president, is to truly build a viable chapter that is more than just a name on a piece of paper. Edinboro said the chapter plans to contact Army Reserve military police units and event them to events to encourage co-branch participation.



PHOTO BY STAFF SGT. ULISES VILLALBA

CNG LEADERSHIP TAKES HIGHER VANTAGE POINT TO COMPLETE MISSION

Photos and story by Staff Sgt. Jessica Inigo

SAN DIEGO – As the sun broke over the eastern mountains near Gillespie Field a soft breeze replaced the harsh winds of days prior, California National Guard leadership took to the ash-filled sky Thursday to get a bird's eye view.

Lt. Col. Keith Lochner, the deputy commander for the Task Force San Diego and the 40th Infantry Brigade Combat Team executive officer, surveyed the highways and roads from a UH-60 Blackhawk in preparation of establishing an additional 40 traffic control points.

California National Guard troops of the 1st Squadron, 18th Cavalry Regiment out of Azusa, Calif., are working with local law enforcement to enforce blocking points, according to Lochner.

It was beneficial to not only survey a map, but actually see the layout of the land from the Blackhawk's vantage point for many reasons, he said.

"Not only was it important for the traffic control point," Lochner said, "but also get a better assessment of where the fires were. I could tell how things were going by where the

smoke was and gained a better understanding of what type of risk-level the soldiers are facing while out there."

Troops kept many people at bay when fires started dying down, since it was still not safe for evacuees to reenter many communities.

"Though people were upset that they were not able to go check on their homes, it was important to keep them out of the area because local law enforcement maintained it was not yet safe," Lochner said.

Safety concerns, according to Capt. Katrina Seale, the 40th IBCT medical operations officer, go far beyond smoke inhalation and poor air-quality issues. Personal safety from both the environment and from looters is a risk, as well as the possibility of unsafe drinking water, unsanitary conditions from a lack of electricity, and the emotional strain of possibly seeing homes with fire or smoke damage.

California National Guard troops are not immune to these same safety concerns and should take proper precautions when necessary.



ARMY GUARD STRENGTH MAINTENANCE WORKSHOP HELD IN ANAHEIM

By Capt. Jonathan Masaki Shiroma



California Army National Guard Commander Brigadier Gen. Louis J. Antonetti talks to his leaders during the recent Strength Maintenance Workshop held in Anaheim.

ANAHEIM, Calif. -- More than 530 Soldiers from the California Army National Guard (CAARNG) converged on the city of Anaheim in late September. While all of them were close to the happiest place on earth, the troops weren't there to visit Mickey or Minnie. Instead, it was a time for CAARNG leaders to meet for the Command Team Strength Maintenance Workshop (SMWS) and discuss a vital issue within the Guard: how to recruit Soldiers and how to keep the troops already in the ranks.

"This is the first time in recent history that command teams at all levels, company, battalion and brigade came together to share information and document their united plan to increase unit readiness," said Sgt. Major Kurt Muchow of the CAARNG's Ascension Task Force (ATF) who organized and staged the SMWS.

Before the leaders got into the "weeds" to work on their strength plan, Brigadier Gen. Louis J. Antonetti, the Commander of the California Army National Guard, took center stage and delivered a speech charged with words of motivation.

"The individual Soldier is the bedrock of this organization," said Antonetti. "Without Soldiers, we are nothing."

Antonetti further explained this by saying while it is great to have a lot of high-speed, high-tech equipment, the single most important asset in the Guard today is the Soldier.

"Soldiers join the Guard for a reason whether it's for benefits or for adventure," he said, "they need to believe they are a part of a sustainable team and we need to take care of them."

Antonetti also took the time to let his audience know that he also values their leadership and commitment to the Guard.

"You, all 530 of you, are the secret to our success," said Antonetti. "This workshop is designed to provide you the tools to achieve

success.

Next, ATF Commander Col. Diana Bodner and Sgt. Major Muchow took center stage with more words of motivation.

"Let's make it great in '08," said Bodner. "I need your help and let's make it happen."

Following the pep talks, leaders then headed to break out sessions to discuss ways to keep their Soldiers and equally important, how to help bring in new troops. Commanders and their respective 1st Sgt or Command Sgt. Major heard from various personnel within the ATF on how to craft their strength maintenance plan for fiscal year 2008. For two days, the Soldiers lived and breathed all things geared toward keeping the California National Guard staffed with professionally trained personnel. ATF trainers also drove home the point that while recruiters and retention personnel are on hand to help, it ultimately depends on each and every Soldier within the CNG since every Soldier, in essence, is also a recruiter.

"This workshop highlighted areas where commanders can improve," said Capt. Jerry Gold, 870th Military Police Company Commander. "It also reminds us that we need to be proactive and that we all need to be active participants from the leadership down to the privates at all company level."

"Very useful information for re-

cruitment and retention," said 1st Sgt. Joe Derma with the 40th Infantry Brigade Combat Team. "This gives us more tools to keep Soldiers motivated and inform them about their career choices."

"For the amount of Soldiers that attended this workshop and the efforts behind the scenes, this was very well put together," said Capt. Eric Sharyer, 40th Military Police Company Commander, "Lot of useful information to take with me."

Outside of just talking numbers, the Soldiers had a chance to hear from two high-profile motivational speakers who challenged attendees to think outside of the box when dealing with troops and how to keep those under their command motivated.

As the SMWS came to a close, it obviously yielded a lot of positive results not only in the recruiting and retention aspect but also in sharing "war stories" and reuniting with old friends.

"It was great meeting other 1st Sergeants and Sergeants Major," said Derma, "it was a perfect time to network."

"The camaraderie of the event, to run into old friends especially Soldiers that you deploy with and once you come back and restart your life, you start losing touch with all those people that served with you," said Gold. "Events like this are good to reestablish those



More than 500 California Army National Guard commanders convened for the Strength Maintenance Workshop held in Anaheim in late September.

163D RECONNAISSANCE WING MEMBER AND BODYBUILDER DISCOVERS



"Life Behind The Fork"

by Senior Airman Paul Duquette

Most people wouldn't believe it was true if they were told bodybuilding is 70 percent dieting, 20 percent lifting and 10 percent sleep, but based on experience, sponsored body builder, gym owner, personal trainer and 163d Reconnaissance Wing member Tech. Sgt. David Suarez knows it's true.

Throughout high school, Sgt. Suarez worked out regularly so he could stay fit for sports.

"Going to the gym also kept me off the streets," he said. "But the bodybuilding aspect I didn't get into till I joined the Air Force in 1995."

Sgt. Suarez is a traditional guardsman who works in the Traffic Management Office as a traffic manager. In a typical drill weekend he tracks bills, loads or unloads planes containing servicemembers' valuables or makes invoices and reservations for people going on Temporary Duty assignments

In 1996, after realizing weight training alone was not enough to obtain the body he wanted, Sergeant Suarez learned to couple it with dieting.

"Most people think body building is spending your life in a gym, but it's not. It's about living your life behind a fork," Sgt. Suarez said. "Body building is 70 percent eating, 20 percent lifting and 10 percent sleeping."

In 2004, Sgt. Suarez opened his own gym and became a personal trainer. Shortly after that, he decided to try an amateur body building competition. "I trained for that competition from January to April 2005, and I placed 5th in my weight class," he said.

Since then Sgt. Suarez has competed in several competitions, and recently he competed in the All Forces National Bodybuilding and Figure Championship, which is a Department of Defense body-

building competition. In order to qualify, competitors must be affiliated with the DOD in some way.

"With that competition I wanted to show my co-workers exactly what it took to be a body builder," Sgt. Suarez said. "I knew the only way I could motivate myself to train was to compete so I prepared for that competition for 15 weeks. I even trained and dieted for nine days while I was on vacation in Hawaii."

During the All Forces Championship, the competitors have a chance to qualify for the USA Bodybuilding and Figure Championships and the National Bodybuilding and Fitness Championships by placing first or second place in their weight class.

Sergeant Suarez set a goal of attempting to become a professional bodybuilder by winning a pro card, which are only given out once a year at the USA Bodybuild-

ing and National Bodybuilding Championships to the 1st and 2nd place winners.

"In the All Forces competition I placed 2nd in my weight class, so I accomplished one goal of qualifying for the championships," he said. "The next step is training for the national events and winning a pro card."

Whether it's accomplishing TMO duties on a drill weekend or training for a body building competition, Sgt. Suarez knows how to set goals and has the determination to see them through to the end.

Resistance Training

As military members a physical fitness program is essential. While many focus on cardiovascular training (running), resistance training (weights) is a key for overall fitness. The American College of Sports Medicine (ACSM) recently recommended that adult fitness programs include moderate to high-intensity resistance training.

In addition to developing muscular strength, resistance training increases lean muscle mass, improves the strength of connective tissue, and increases bone mass. Other health benefits include reductions in body fat, modest reductions in blood pressure, improved lipid profiles, and possible injury prevention.

The key factor to successful resistance training at any level of fitness or age is appropriate program design. Supervision by a qualified professional is essential to prevent injury and to maximize health and performance benefits. Exercise instruction should include proper technique, breathing, and use of equipment, along with goal setting and progress evaluation.





Lessons learned ★ at teen adventure camp

By 1st Lt. Theresa Chrystal

Dad, where do you go when you go to drill? Mom, what do you do during drill weekend? This summer, more than 100 teens had the opportunity to walk in their parent's combat boots and find answers to those questions during a week-long training camp at San Luis Obispo.

The 5th Annual Teen Adventure Camp was held June 23-29 at Camp San Luis Obispo (Camp SLO) on the central coast. Teens came from all over the state to accept the challenge and take part in an opportunity to see what their military family member goes through when they leave for a typical drill weekend.

Upon arrival at Camp SLO, the

teens completed registration and claimed their bunks. Many weren't accustomed to the long lines and the worn out accommodations. After settling in, the teens walked about a mile to the dining facility. Then they sat, and they waited, and waited, and waited. Lesson one in the military – hurry up and wait.

After dinner, they had an opportunity to listen to the founder of the California National Guard Teen Adventure Camp, Cadet Cyrus Harrel, acting 3rd platoon leader for Bruin Battalion, Charlie Company 1/185th. Cadet Harrel was only a teen himself when he was asked by his father, Brig. Gen. John Harrel, to write an essay. Cadet Harrel didn't know why his father wanted

him to write the essay, but he wrote it nevertheless for the chance at a free trip to Washington, D.C.

The opportunity to travel to D.C. was an inspiration that unbeknownst to Harrel would formulate into a dream – a dream that would become a reality a few years later. While attending a National Guard conference in D.C., Harrel discovered a group of friends that actually understood and spoke the same military jargon he did. According to Harrel, "It was that group of networking friends who became the inspiration for the camp as it is known today."

Cadet Harrel met a new group of people his own age who would be-

come lifelong friends via e-mail and phone conversations because they could talk about things that other friends and their teachers did not understand. "Being a dependent of a military sponsor is tough because a lot of times our teens speak a different language that is unfamiliar to the common public," said Harrel. "The ability to talk to friends who understand what you're going through when a parent or loved one is deployed is something that is foreign to others who are not in a military environment."

Harrel went on to say that wherein the active duty force has a built-in support network for their families when a member is deployed, the National Guard does not have that luxury. "So often, our families are left to fend for themselves without a support network to reach out to. It's hard enough as a teen to struggle by yourself but even harder when your loved one is not there and no one seems to understand," said Harrel.

That concept came to life in the form of a National Guard sponsored teen youth camp where military youth from ages 13 to 18 could come together and form networks and make lifelong friends with members of other families who are going through the same things they are. The camp is not all about fun and games or sitting around a campfire roasting marshmallows. It is an opportunity for teens from National Guard families to do some extraordinary things that the average teenager may never get to do in his or her lifetime.

The amazing thing about this camp is that the teens primarily run the camp themselves. Brig. Gen. Harrel said it was a crowning achievement to see some of the teens who had been attending the camp for all five years to be taking various leadership roles and running the show. "They are handling disciplinary issues early before they become a problem," said Brig. Gen. Harrel. He said the adult volunteers are merely there to monitor, mentor and ensure the teens' safety.

General Harrel emphatically stated this was not a boot camp environment but an adventure camp. "The close order drills are for accountability and safety." He also said the idea was for teens to understand and have a taste for what their parent or loved one goes through when they attend drill or prepare to deploy.

One final point Brig. Gen. Harrel

made was the importance for these types of programs to continue for our Guard teens. "If they get bored, they'll get into trouble," he said. The general urged more participation from the entire state to get involved with future camps and other programs for Guard youth. "Major General Wade is very supportive of our youth camps," said Brig. Gen. Harrel speaking about the Adjutant General for the California National Guard.

Major Gen. William H. Wade said the California National Guard has many youth programs the state can be very proud of. "I support these programs 100 percent," said Maj. Gen. Wade. Some of those programs are aimed toward "at risk" teens; however, the adventure camp is aimed at allowing the children of military families to have a first-hand look at what their parents and loved ones do. "It gives them a real flavor of what it is we do at drill and during training," said Maj. Gen. Wade.

Major Gen. Wade believes knowledge is power. He feels it's important to take care of our youth and give them as many opportunities as possible for success in life. "These programs are not meant to recruit. They are about developing maturity, confidence, understanding adversity and team building," said Maj. Gen. Wade. "When you invest in your children, you invest in the future of America."

Jordan Flaughner was one of the teens who had attended the camp all five years – four of them as a teen leader. She is the daughter of Col. Jonathan Flaughner, wing commander of the 144th Fighter Wing in Fresno. "I think this year went pretty well," said Jordan Flaughner. "We had our challenges like conflicts between teens and scheduling conflicts, but no more than previous years." She said they had really good leadership this year, but it was very helpful to her and others from the Fresno wing to have the kind of advanced leadership training they received from their family readiness volunteers. Even though she didn't really think some of the teens liked the military structure, she said it was helpful because it keeps them in order and helps with the head count. Lesson two – accountability.

Jordan said the highlight of this year's camp was the high ropes course. "I really liked it. It was new and definitely a confidence

builder." Although she wouldn't change anything about the camp, Jordan admitted she would like to see something more "hands-on" when they visit Vandenberg Air Force Base and have scheduled time for shopping at the base exchange.

In her second year of camp, Ambria Cavazos said she enjoyed this year more than last because the teens were friendlier and there were more activities. "I thought it would be like last year," said Cavazos, "but it was better." Cavazos said she enjoyed the high ropes course too, but admitted the paintball hurt. "My favorite was the high ropes. It was scary, but I conquered it."

Cavazos's mom, Master Sgt. Lori Wilcox, is a member of the 144th Fighter Wing who works in the finance section. Volunteering for her second year, Wilcox said she likes to be involved so she can see what's going on with the teens during camp. "I enjoy seeing the growth spurts of the other teens and watching them all participate in the activities," said Wilcox. "These teens get to do things other civilian teens don't get to do. It broadens their horizons, makes them better people."

Cavazos admitted she likes having a mom in the military, but says it's hard when her mom is gone on a deployment. "A lot of my friends don't understand what it's like," said Cavazos. She said even though it's harder sometimes having a parent in the military, when her mom is home she has more respect for what she does. Cavazos doesn't have any plans of joining the military though. She wants to be a lawyer.

Master Sgt. Joe Gallegos, a medic with the 144th Fighter Wing who was volunteering for his second year, said this year was much easier than last. "Because there were more volunteers, the ratio between adults and teens was smaller," said Gallegos. "Super Medic" as he was commonly referred to during camp, also said there was much more communication between the volunteers and the teens. "There wasn't a screen between them so adults could interact with the teens and mentor to them more effectively." When asked for suggestions for next year's camp, Gallegos recommended having the squads help prepare the meals themselves. "It helps set expectations for them during camp, plus

they learn to cook."

The five medics had their hands full with teens not being properly prepared for camp. Although a list of required and suggested items was provided prior to the camp, most first time participants failed to bring necessary items and many did not break-in their boots before wearing them. This resulted in plenty of blisters and a large need for bandages – another lesson learned.

When asked how the medics handled themselves, Senior Master Sgt. Michele Fields, NCOIC for the 144th Medical Group and three-year volunteer, responded, "They were awesome!" Although the team of medics didn't face any huge challenges, they did have one hospital run and "Super Medic" was right there to ensure the safety and care of the injured teen. "We had plenty of coverage and the team was very competent," said Fields. "I wasn't worried how they'd handle any situation and with them working so independently, I didn't have to hover."

Some volunteers have been involved in the adventure camp since its inception five years ago. One such volunteer was Sgt. First Class Merrick Currier, the property book NCOIC for the Headquarters and Headquarters Company, 40th Infantry Division, out of Los Alamitos. In past years, Currier handled logistics and operations; this year due to the number of volunteers, he was able to stand back and help out wherever he was needed. "There was lots of interaction between the Air Guard and the Army Guard," said Currier. "The Air National Guard took the ball and dispersed themselves by going to different locations and volunteering for leadership positions."

When the camp initially began, the program strived to have 100 teens, but now they are hoping to raise that number to 150. Currier stated the camp is not designed to be a boot camp for Guard teens; rather it is a challenge for "go getters" who are not afraid to try something new and exciting. "I want the kids to have a good time. That's what we're here for."

Currier said this year's biggest challenge compared to previous years was trying to keep time at the dining facility since the meals were served at the officer's club which was farther away than pre-

vious dining sites. "Because of the volunteers who jumped in to help, we were able to make it happen," said Currier. The meals are usually contracted out, but due to a smaller budget, this year's volunteers decided to fix all of the meals themselves. According to Currier, the \$10,000 normally budgeted for food was reduced to \$6,000. However, with registration fees of \$100 per camper and assistance from the volunteers, the camp was able to sustain itself.

The teen adventure camp was a huge success in its fifth year according to the majority of adult volunteers and teens who attended. William Thomas "Mr. FBI" and Peter Tinti "Petie" were two teens participating for the first time. Thomas said he received his nickname at camp because he has a serious look like an FBI agent. Before attending, he thought of joining the Army, but afterward decided the Army probably wasn't for him. However, Thomas admitted the camp was "pretty fun," and he enjoyed the paintball the most.

Petie said prior to attending camp he thought it was going to be a military camp and his presumptions were correct. He said the high ropes course was the best part and that the camp was fun. Petie hopes next year they will extend the camp to two weeks.

Overall, the teens learned many lessons and took away a deeper understanding of some of the things their military parent might go through during drill, training and deployments.



SACRAMENTO - The National Guard Armory located on 58th Street in Sacramento is no longer nameless to passing motorists following the construction on of an Armory sign by junior community leadership. Brandon Sawyer, 17, led the community service project as part of the last step before being considered for promotion to the prestigious rank of Eagle Scout in the Boy Scouts of America.

Brandon, the son of Lt. Col. Michael Sawyer, Deputy G-3, 40th Infantry Division, has been involved in Scouting since he was 8 years old. Since his father works at the Armory, Brandon was aware that a previous Armory sign had fallen down and a replacement sign was needed. "I wanted to do something for the Armory and I had the opportunity to help," said Brandon.

YOUTH LEADERSHIP PROJECT GIVES ARMORY NEW FACE TO THE COMMUNITY

By Maj. Alana Schwermer



Rakesh Peer, a civil engineer and father of a Sacramento Boy Scout, designed the sign for Brandon. Boy Scout Troop 11 members worked on the sign construction and installation. In total the Brandon and his fellow Boy Scouts donated more than 100 hours of preparation and time on the project.

"The whole purpose of the Eagle Scout Project is for the candidate to prove the leadership he's learned over the years," said Ken Muir, Troop 11 Scout Master. The new sign not only recognizes the Armory but is a symbol of how strong leadership can make a difference in our communities.

CAMP ROBERTS MATES SUPPORTS MUSEUM PROGRAM

by Capt. Al Bosco

If you were at Camp San Luis Obispo on 17 October 2007, you may have seen an unusual site in this day of 60-ton M-1 tanks. There, along the camp's central mall was a Japanese T-97b "tankette" suspended in mid-air.

Mounting a either a 37mm cannon or a 7.7mm machine gun, this armored vehicle was the Imperial Japanese Army's first line fighting vehicle in divisional reconnaissance regiments.

This vehicle was taken to the Camp Roberts Maneuver Area Training Equipment Sites (MATES) for repair, conservation and repainting. When done, the tank will be returned to its home at Camp San Luis Obispo. In addition to these repairs, a very rare 7.7mm Type 97 machine gun was found at the California Veterans Home. This gun will be mounted in he tank's turret on special occasions.

At one time, the Camp San Luis Obispo Museum, a branch of the California State Military Museum located in Sacramento, had two of four know surviving examples of this extremely rare light tank. The second one was traded to the Patton Museum of Armor and Cavalry at Fort Knox, KY for the Japanese anti-tank gun used in the Bataan memorial.

This project was coordinated by the MATES Superintendent, Lt. Col David Martin and the CSLO Museum Curator, Chief Warrant Officer (CA) Sandy Peralta.



Japanese T-97b Tank "air lifted" to Camp Roberts for maintenance



UTILITY AIRCRAFT MECHANICS PLAY VITAL ROLE TO AVIATION SUCCESS

By: Capt. Dan Carlson



It takes more than great aviators and the high tech machines they pilot to keep the aircraft of the 1-140th Air Assault Aviation battalion of Los Alamitos in the air. Utility aircraft mechanics are a fundamental component to mission success.

The 1-140th Air Assault stationed at Los Alamitos Army Airfield can not perform its peacetime or wartime missions without these dedicated professionals.

"We can only go as fast as what the mechanics sustain," said Maj. Bruce Malarky, aviation support facility commander. In Iraq, mechanics kept the UH-60's flying for ten months and more than 9,000 hours. Mechanics work on problems ranging from a broken seat belt to removing rotor heads and transmissions, said Malarky.

"Stateside, we are prepared to respond to California wildfires, external load missions, multi-ship missions, VIP transfer, and other state contingencies," said Sgt. Phil Ziegler, who conducts crew chief training for the 1-140th.

Mechanics are required to fly long hours and maintain aircraft after the mission is complete in order to be ready for the next mission. It is a requirement for the mechanics to be on board when flying under most of the mission set.

Sergeant Michael Nobriga is a flying crew chief in the 1-140th, having logged more than 1,000 flight hours, half of them in a combat zone. But the most difficult support mission he has done was installing a bridge by sling load at Millerton Lake near Fresno.

TRICARE UPDATES

WWW.TRICARE.MIL

Referral Waivers for Southern California Beneficiaries

Effective October 21, 2007, Health Affairs and TRICARE Management Activity have granted waivers for PCM referrals that allow enrollees residing in the seven affected Southern California counties (Ventura, Los Angeles, San Bernardino, Riverside, Orange, San Diego, and Imperial) to access non-emergency healthcare services without Point-of-Service (POS) charges. This waiver eliminates POS charges during the specified time period and shall cease 21 days from the effective date with the option for extension if necessary.

Also, at the direction of the government, TriWest is extending any existing authorizations beyond the 90-day time frame for affected beneficiaries.

Please contact TriWest at 1-888-TRIWEST (874-9378) with any questions.

Service Members Urged To Set Up Family Member Accounts Before Deployment TRICARE Expands "Try OTC for Free" Test to Retail Pharmacy Users

FALLS CHURCH, Va. – TRICARE beneficiaries who purchase certain prescription drugs at retail pharmacies are being encouraged to "try OTC for free" as part of a two-year test. Up until now, the test had only included users of the TRICARE Mail Order Pharmacy.

The OTC test encourages beneficiaries currently taking a prescription medication used to treat gastrointestinal disorders to substitute an over-the-counter (OTC) version.

The benefit? No copay.

Under the test, beneficiaries currently receiving a prescription proton pump inhibitor for gastrointestinal disorders, or "heartburn," are eligible to receive Prilosec OTC, the only proton pump inhibitor available over the counter.

The types of prescription drugs in this test are among the most widely prescribed to beneficiaries and include Nexium, Prevacid, Aciphex, Protonix, Zegerid, and the non-OTC version of Prilosec. By requesting that their doctors prescribe the Prilosec OTC instead, beneficiaries save money on copays. And since OTC medications are generally less expensive—by as much as 400 percent in some cases—the government also saves.

Beneficiaries should not decide to start using gastrointestinal medications on their own, walk into a drug store, and expect to receive Prilosec OTC for free. Their pharmacy record must show a recent history of using gastrointestinal medications and they will need to get a physician's prescription for the Prilosec OTC.

Service Members Urged To Set Up Family Member Accounts Before Deployment

FALLS CHURCH, Va. – Deployable and TRICARE Remote service members should consider setting up Family Member Accounts enabling their family to access medical, pay and human resource Web sites in their absence.

The Family Member Account is a secure credential issued to sponsors and their family members that allows them to log on to other Department of Defense Web sites even if they don't have a Common Access Card (CAC) or Defense Finance and Accounting Service (DFAS) PIN, also known as "myPay."

"The Family Member Account is especially useful to National Guard and Reserve members who mobilize quickly," said Army Major General Elder Granger, deputy director, TRICARE Management Activity. "It lets the family handle business from home, taking stress off the sponsor during deployment."

To get a Family Member Account, the active duty sponsor can log on to <https://sso.dmdc.osd.mil/famAccMgr> using his or her CAC or DFAS PIN. Eligibility for an account is based on the family's benefit status in the Defense Enrollment Eligibility Reporting System (DEERS). Dependent children older than 18 can get their own account. The sponsor selects which family members are eligible and then creates a separate account and a temporary password for each of them. Once the account is established, the sponsor gives family members their numbers and temporary passwords.

Family Member Account numbers and passwords will be accepted on TRICARE's new Beneficiary Web Enrollment system launching later this Fall. The new system will allow Prime and Prime Remote beneficiaries to easily enroll and manage their health care online.



Changes Coming for Mental Health Care

Servicemembers and their families can expect sweeping changes throughout the Defense Department's mental health care services during the next year. A report recently submitted to Congress by the DoD Task Force on Mental Health details hundreds of proposed actions that officials hope will make the system more patient-focused. Many of the major changes are slated to be in place by as early as May 2008. The task force reported that stigma attached to mental health care, difficult access, bureaucracy and a lack of resources contributed to a lack of adequate care for servicemembers and their families. The report is available in .pdf format.

Government Travel Charge Cards Change

Official travelers will have higher credit lines on their government travel cards thanks to the Government Travel Charge Card Credit Limit Increase Pilot Program, which allows for a permanent increase in the default credit amount from \$5,000 to \$7,500 for standard accounts and from \$2,000 to \$4,000 for restricted accounts. In addition, ATM cash withdrawal limits will increase. The cash and credit limits are scheduled to expire Nov. 29, 2008. Additionally, accounts that have not been used in three years are being deactivated. All travelers should check with their unit APCs to ensure their cards are still valid and activated before starting a trip.

All military pay information can be found in Military.com's Pay Section.

United Warrior Survivor Foundation

The United Warrior Survivor Foundation located in Corona, Calif. provides care to spouses of fallen special operations personnel. The organization helps families through financial aid, camps for children, packages and community advocacy. UWSF also covers the basic Medical Insurance for those spouses who have gone over the three year mark since their husbands' deaths and lose their family's medical coverage. For more information, visit the United Warrior Survivor Foundation website. <http://www.frogfriends.com/>

Historians Document 9-11 Pentagon Attack

Nearly six years after a terrorist-controlled plane slammed into the Pentagon, killing 184 people aboard the plane and in the building, Defense Department historians have published a book on the incident and its aftermath. "Pentagon 9/11" is a narrative history based on a multitude of information sources, including 1,300 oral histories gathered in the immediate aftermath of the attack. The book became available recently through the U.S. Government Bookstore at <http://bookstore.gpo.gov/> and also through commercial vendors.

Forgotten Soldiers Outreach Remembers Troops

The Forgotten Soldiers Outreach, Inc. sends care packages and letters of encouragement to our deployed servicemembers. The goal of the not-for-profit corporation is to encourage the men and women who fighting for our great nation abroad, and to inspire hope, strength and courage while they're separated from loved ones, families, and friends. For more information, visit the Forgotten Soldiers Outreach website.

<http://www.forgottensoldiers.org/>

4 Tips to Getting Military Scholarships

- 1) Do your homework. Take advantage of the free online scholarship search at Military.com. The scholarship finder lists over 1,000 scholarships from a variety of sources. Search here.
- 2) Don't limit yourself. You qualify for non-military related scholarships too. Visit your local library to find scholarship directories that list awards based on age, state of residence, cultural background, and field of study.
- 3) Search in your military community. Many service aid organizations and associations, like the Navy Marine Corps Relief Society, offer scholarships, grants, and low interest loans to help cover education expenses.
- 4) It's never too soon to start your scholarship search. Many scholarship application deadlines are as early as one year in advance.

If you haven't started school yet, take the first step and find the right school that matches your education needs and goals. You can request free information from military-friendly schools that offer online courses, flexible schedules and start times and VA approved programs.

DID YOU KNOW?

The computer usage agreement you signed when you were given computer access was very specific on how you can use your government computer. While you or your fellow cyber surfer are using a government computer to access the internet or use a personal email account, you are being monitored and your activity may cause you to be subject to disciplinary action. Unauthorized use takes up valuable band-width, sometimes creates security breaches, and may be a waste of the taxpayers dollars. You are allowed to use your government computer to access the internet for limited personal reasons while on a break, lunch, or before or after your duty hours. Use during this time can be for professional development or communicating briefly with family members, but you are not allowed to use it for such things as commercial or financial gain, fund-raising, political lobbying, sexually oriented materials, or any other illegal, inappropriate or offensive to fellow employees or the public...see DOD 5500.7-R, Joint Ethics Regulation, AR 25-1, AR 25-2, and California National Guard Network, Information Systems, Electronic Mail, and Internet Usage Policy. Don't be a CyberSlacker!



photo by Sgt. Mike Nobriga

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